

Claims Amendment

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Subject: New Claims 6-10 for Patent Application 10/ 613,965 & Withdrawn Claims 1-5

Jerome,

Here are the new claims & withdrawn claims. I hope they are satisfactory. Please let me know that you have received this fax.

Alan Monda

Claims 1-5 for patent application 10/613,965 (Withdrawn)  
Claims 6-10 (New) for patent application 10/613,965

Claim 1. (Withdrawn)

An exercise apparatus, comprising:

A platform, having a top, bottom, and sides, wherein the platform is adapted to be substantially vertically and horizontally positionable, and wherein the top is a substantially flat support surface; and a sleeved means for generating a resistance force for exercising muscle groups of the body of a user.

Claim 2. (Withdrawn)

An exercise apparatus, comprising:

A platform, having a top, bottom, and sides wherein the platform is adapted to be substantially flat support surface;

At least one guide member, each guide member having a first end and a second end, attached to the platform and running along the bottom of the platform, from one side to the opposite side of said platform; and

At least one resistance cable, each resistance cable trained through a different guide member, and each resistance cable having a first cable end and a second cable end.

Claim 3. (Withdrawn)

The exercise apparatus of claim 2, further comprising a plurality of first and second connectors, wherein each first connector and each second connector is attached to a different first and second cable end respectively.

Claim 4. (Withdrawn)

The exercise apparatus of claim 3, further comprising a plurality of first and second user interface members, wherein each first interface member and each second interface member is attached to a different first and second cable end, respectively.

Claim 5. (withdrawn)

The exercise apparatus of claims 2-4, wherein each resistance cable has different resistance strength.

(New)

Claim 6 – An exercise apparatus, comprising:

A block with 2 channels, one on the top of said block and one on the bottom of said block, transverse in opposite directions from one side to the opposite side of said block.

(New)

Claim 7 – An exercise apparatus as claimed in claim 1, further comprising:

At least 2 flexible tubular members which transverse along the bottom channel of said block from one side to the opposite side of said block and transverse upwards along each side of said block, each flexible tubular member having 1<sup>st</sup> and second ends.

(New)

Claim 8 – A device as claimed in claim 7, further comprising:

At least 2 stretchable resistance materials, at least 1 stretchable resistance material transverse through said flexible tubular member from one side to the other and protruding out of each 1<sup>st</sup> and 2<sup>nd</sup> ends of said flexible tubular member, each stretchable resistance material having 1<sup>st</sup> and 2<sup>nd</sup> ends.

(New)

Claim 9 – A device as claimed in claim 8, further comprising:

At least 2 stretchable resistance materials, each having 1<sup>st</sup> and 2<sup>nd</sup> ends, each end of stretchable resistance materials containing an attachment means.

(New)

Claim 10 – An exercise apparatus as claimed in claims 6, 7, 8 and 9 further comprising:

At least 1 handle with at least one attachment means for connecting to at least 1 stretchable resistance material end containing an attachment means.